

Frequently Asked Questions About Sports Physicals

What is a “Sports Physical”? A “Sports Physical” is actually an Athletic Pre-Participation Evaluation which is mandated by the New Jersey Department of Education. It is required for all students in grades 6 – 12 who want to participate in athletics and some competitive clubs. A physician, advanced practice nurse or physician’s assistant must examine the student and review the health history to determine whether or not the student may participate in sports with (or without) limitations. The Athletic Pre-Participation Evaluation will then be sent to the School Physician. He/she will provide written notification to the parent stating approval or disapproval of the student’s participation in athletics based upon the medical report (This process can take up to 10 days).

Where do I get the Sports Physical Form? A form is included in this packet. Additional packets are available in the Main Office at your child’s school.

Who completes the Sports Physical Form? The form consists of 4 pages. The first page is a health history that must be completed and signed by the student’s parent/guardian. The second page is ONLY completed for student-athletes with special needs. The remaining 2 pages must be completed by a physician, advance practice nurse or physician’s assistant.

How long is a Sports Physical good for? A Sports Physical is good for 365 days from the date of medical examination. **If the examination is completed more than ninety (90) days prior to the first practice session, the student is required to complete a Health History Update Questionnaire.** This form is available at the student’s school and must be completed/signed by the parent/guardian. The Health History Update Questionnaire does not need to be signed by your healthcare provider.

Once my child’s Sports Physical Form is completed, what’s next? Completed Sports Physical Forms should be given to the SCHOOL NURSE at your child’s school. Do not give the form to your child’s coach, homeroom teacher or any other person in the school. The school nurse will review the form for completeness. Incomplete forms will be returned to the student. Completed forms are forwarded to the School Physician as described above.

What should I do if my child has asthma, a significant allergy or some other health issue requiring the use of medication? In the event that the student has asthma, an allergy that requires the use of medication or other health condition requiring intervention, the student must provide a written order from his/her healthcare provider for the management of this condition. The Sports Physical Form will not be forwarded to the School Physician until all documentation is provided to the school nurse.

How will I know when my child is medically cleared to participate in a sport/activity? The school nurse will send a letter home indicating the School Physician’s determination.

How will I know when my child is academically cleared to participate in a sport/activity? (High School students only). The Athletic Director is responsible for clearing students academically. Please have your child check with his/her coach to see if he/she is academically cleared to participate.

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